

Girls on the Run



Girls on Track

Girls on the Run (GOTR) is a 10 week experiential running program for Bridgewater-Raritan girls currently in grades 3, 4 & 5. The Program is designed to educate and prepare girls for a lifetime of self-respect and healthy living. Girls will have fun training for a 5K race while making friends and learning about themselves. The emphasis is not on running but on having fun! The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three. For Girls in grades 3 – 5 Bridgewater-Raritan Residents only! Held Mondays – March 26th 6:30-8:00pm & Wednesdays – 6:30-7:15pm for free run (an adult role model is encouraged to stay for the free run) at the Bridgewater-Raritan Middle School Track. COST: \$25.00 check payable to "GOTR of Central NJ". RACE DAY: Sunday, June 3, 2012 (Somerville)!

Girls on Track (GOT) is a 10 week experiential running program for Bridgewater-Raritan girls currently in grades 6, 7 & 8. The Program is designed to educate and prepare girls for a lifetime of self-respect and healthy living. Girls will have fun training for a 5K race while making friends and learning about themselves. The emphasis is not on running but on having fun! The girls are encouraged to set goals and meet them by walking, running, skipping or a combination of all three. For Girls in grades 6 - 8 Bridgewater-Raritan Residents only! Held Tuesdays – March 27th 6:45-8:00pm & Thursdays – 6:45-8:00pm at the Bridgewater-Raritan Middle School Track. COST: \$25.00 check payable to "GOTR of Central NJ". RACE DAY: Sunday, June 3, 2012 (Somerville)!

For more information about Girls on the Run and Girls on Track Programs visit www.girlsontherun.org or contact Bridgewater Recreation's Program Coordinator Sue Cornet suecornet@msn.com. Space is limited; registration is based on a first come first serve with the Bridgewater Recreation Department... Three ways to register! In-person at the Bridgewater Recreation Department (100 Commons Way) 9am to 5pm Monday to Thursday 8am to 5pm on Friday; drop registration off in the "REC" mail slot located on the Garretson Road side of the building (employee entrance); flush with the building 24/7; or via postal service.

Bridgewater Recreation Department 100 Commons Way – Bridgewater, NJ 08807 908-725-6373 www.bridgewaternj.gov

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2012 GOTR & GOT J \$25.00 Check payable to "GOTR of Central NJ"

		3	4	5	6	7	8
Participants Last Name	First Name	Circle Current Grade (2011-2012 School Year)					

Mailing Address	Township	Zip
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Home #	Cell #	Work #
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Email Address (s) ~ mandatory, please print legibly! Program information will be sent via emails...

/ /	JYouth Small	JYouth Medium	JYouth Large	J AS	JAM	JAL	JAXL
Date of Birth	Check Shirt Size						

If the participant has individualized needs due to a disability, please check the following and someone will contact you regarding reasonable accommodations. J Yes, I will need to be notified regarding special considerations for my child.

Please note that Bridgewater Recreation Department does not provide individualized medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participants. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature

_____/_____/_____
Date

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